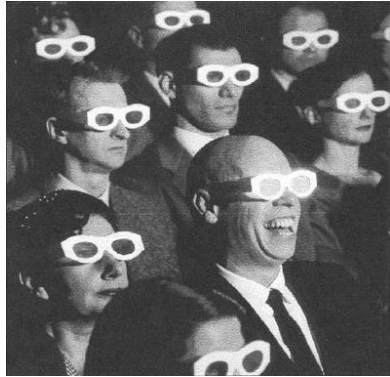


Believe it or Not... Spring Ahead!!!!

The BoomerVenture Campus spring semester runs from **February 23 to May 15**. All Andover residents now have on-line registration! To set up your account go to www.myactivecenter.org. Registration week: February 9 – 13.



SCREENING ROOM: Award-winning, independent film every Thursday, starting at 6:30 pm.



BOOMER ENERGIZE WITH EXERCISE: Fun aerobic and weight training workout. Instructor Denise Boucher. Mondays, **February 23 – May 11**; 3:30 - 4:30 p.m. \$60.50.

BOOMER ZUMBA TONING: Combine weight training, cardio- fitness and dance. Thursdays, **February 26 - May 14**; 3:30 - 4:30 p.m. \$66. New instructor, Nancy Ryan.

SERENITY YOGA: Gentle yoga with meditation. Thursdays, **February 26 - May 14**; 7:15 - 8:30 pm; \$72. Instructor Sheila Wescott.

***NEW* EXPRESS WORK-OUT**

Thursdays, March 5 - May 14; 6 - 6:45 p.m. \$60.50. In and out with a great work-out covering all major muscle groups. Pick up dinner-to-go (salads, wraps, soup). Prices start at \$3.50.

MINDFULNESS

Thursday, March 12; 6:45 p.m. \$5. Learn how mindfulness and meditation can make you smarter, calmer and healthier. Chip Carter, wellness coach. MudLotusHealth.

NORDIC WALKING

Cardio workout while hiking AVIS trails. Wednesdays, April 1 – May 6; 3:30 – 5:15 p.m.; \$33.

OF MICE AND MEN AT QUANNAPOWITT PLAYERS: THEATRE TRIP

Thursday, March 19; 6:45 p.m. \$10 for transportation. We'll see the dress rehearsal of this engrossing award-winning play by John Steinbeck. Dress rehearsal cost is by donation.

COMMUNITY DRUMMING CIRCLE

Thursday, March 26, 6:30 p.m. \$5. Make some noise! Reduce stress, improve immune system and have a blast! Play West African, Japanese, and a variety of percussion instruments. Monique Morimoto, & Stephen Whitney of SoulWorks Rhythm.

SIP, PAINT,CREATE AT METAMORPHOSIS

Thursday, April 2, 7-9 p.m. \$25. Enjoy a fun night with friends. No painting experience necessary. Their artists will guide us and you'll leave with your own masterpiece. BYOB and snacks. Register by Mar 12 at www.metamorphosisartanddesign.com/events/spirited-painter-boomer-ventures- After March 12, registration open to public at \$35.

BoomerVenture is a series of activities created by and for Andover's baby-boomers sponsored by the Town of Andover and The Center at Punchard. Advance registration requested for all events.

All classes are held at The Center at Punchard (School Administration Building, ground floor). For more information and sign-up: BoomerVenture, 36 Bartlet (mailing address), 30 Whittier Ct (on-site address), Andover, MA 01810. (978) 623-8321. www.boomerventure.com